



HOW TO TALK TO YOUR LEGISLATOR

PRIOR TO YOUR MEETING

- Relax and remember that Legislators work for YOU! Hearing from constituents is an important part of their job and the legislative process
- Be prepared!
 - Know your talking points
 - If you would like, prepare a one page “leave behind” with your story, pictures of your family, how bill/rule/funding affects you
- Know your “Roles” before the meeting
- Make it local
- Make it Personal – how does this bill/rule/funding affect you specifically?
- Know what your “ask” is: “We’d like you to support this bill, sign this letter, co-sponsor this legislation, request a hearing, preserve/add funding, etc.”

DURING THE MEETING

- Be flexible!
- Introduce yourself
- Give a brief background on your bleeding disorder and how it has affected you
- Discuss the issue
- Leave behind information
- Ask for a PHOTO!

THINGS TO REMEMBER!

- If you are uncertain of the answer to a question, offer to follow up with them and give them more information. It’s a great way to build a relationship with them and their staff.
- Offer to be a resource about all things bleeding disorders
- Be sure to thank them – both at the meeting and with a follow up thank-you note
- Take a card!
- Leave your contact information

AFTER THE MEETING

- Be sure to send any follow-up information you promised.
- Send a thank you note!
- Be sure to email the person you met with directly. You can attach your leave behind again if you wish.
- If you met with the legislator in person, email his staff, attach a thank you letter to the email.
- Follow the issue!
- Set up an alert at <https://www.govtrack.us>
- Stay informed!